

Minnesota Intercollegiate Athletic Conference



2024-25 MIAC Swimming & Diving Season Preview

Swimming & Diving

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BLOOMINGTON, Minn. – Swimmers and divers from across the Minnesota Intercollegiate Athletic Conference (MIAC) are ready to jump back in the pool for the beginning of the 2024-25 competition season.

Regular season competition officially begins this weekend, with Midwest meets on Friday and Saturday. Conference squads will then spend the better part of the next four months preparing for the [2025 MIAC Swimming and Diving Championships](#) in February. As the season progresses, the top MIAC [men's](#) and [women's](#) swim times and dive scores will be logged weekly on [MIACathletics.com](#).

The 2025 MIAC Championships will begin on the evening of Wednesday, February 19, and run through Saturday, February 22, with morning prelims and evening finals scheduled for the last three days of the meet. The 2025 Championships will once again take place at the Jean K. Freeman Aquatic Center on the campus of the University of Minnesota, with the College of Saint Benedict, St. Catherine University, and Saint John's University serving as hosts. Following the MIAC Championships, the 2025 NCAA Division III Swimming & Diving Championships will be held March 19-22, 2025, in Greensboro, N.C.

2023-24 CHAMPIONSHIP STANDINGS

MIAC Men's Swimming & Diving

Gustavus (886)*
Carleton (649)
Saint John's (635)
St. Olaf (453)
Macalester (423)
Hamline (37)

MIAC Women's Swimming & Diving

Gustavus (649.5)*
St. Catherine (608)
Macalester (576)
Carleton (503.5)
St. Olaf (476)
Saint Benedict (376)
Hamline (162)
Concordia (151)
Augsburg (DNS)

*MIAC Champion

RULE CHANGES

The NCAA Swimming and Diving Rules Committee and NCAA Playing Rules Oversight Panel approved several rules changes ahead of the 2023-24 season that will remain in effect this year. The committees issued clearer guidance on swimwear standards and the use of kinesiology tape and permitted the use of underwater cameras to confirm infractions. The standard definition of "bona fide competition" was also clearly defined. A full list of the NCAA rule changes for swimming & diving can be found [here](#).

MIAC SPORTS NETWORK

The [MIAC Sports Network](#) powered by Hudl launched in August 2023 and will be back again as the streaming home of all MIAC-hosted games, events, and championships. The MIAC Sports Network is available on the web (<https://miacsportsnetwork.com/>) along with streaming apps for television and mobile devices, including Android TV, Apple TV, Amazon Fire, Roku (TV), iOS, Android (mobile), and Amazon Fire Tablet. The app can be found and installed free of charge by searching for the MIAC Sports Network.

MIAC APP

The MIAC mobile app remains free to fans and can be downloaded on both the Apple App Store and the Google Play Store for Android devices. The app includes news and links to follow scores and stats in real time.

AWARD WATCH

The MIAC Men's and Women's All-Conference honorees will be announced in February following the conference championships. The top three finishers in each conference championship event, including relays, will receive All-Conference status. Finishers #4-6 and relay finisher #4 at the conference championship meet will receive honorable mention distinction. Head coaches will also vote on individual awards, including Swimmer of the Year, Diver of the Year, Rookie of the Year, and Coach of the Year, following the championships. To be eligible for Rookie of the Year honors, a student-athlete must be a true college first-year student (not a transfer from another institution or an academic sophomore/junior/senior who has not used eligibility).

Throughout the regular season, the MIAC will recognize top individual performances with MIAC Athlete of the Week awards for both swimming and diving. Athlete of the Week awards will be issued on Tuesdays throughout the academic year when at least three MIAC teams have competed in a given week, and nominations for outstanding performances have been submitted.

LOOKING AHEAD

First Meet Date: Saturday, October 18

MIAC Championships: Wednesday, February 19 - Saturday, February 22, 2024

Men's Season Links: [Schedule](#) | [News](#) | [Leaderboard](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#)

Women's Season Links: [Schedule](#) | [News](#) | [Leaderboard](#) | [Athletes of the Week](#) | [Championships](#) | [Record Book](#)

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